Cuisinart®

INSTRUCTION AND RECIPE BOOKLET

POWERSELECT Electronic Hand Mixer

CHM-5SSA

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

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IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed including the following:

1. **Read all instructions.**
2. To protect against risk of electrical shock, do not put the hand mixer or cord in water or other liquid. If hand mixer or cord falls into liquid, unplug the cord from outlet immediately. Do not reach into the liquid.
3. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
4. **UNPLUG FROM OUTLET WHEN NOT IN USE, BEFORE PUTTING ON OR TAKING OFF PARTS, AND BEFORE CLEANING.**
5. Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from beaters during operation to reduce risk of injury to persons, and/or damage to the mixer.
6. Remove beaters from the mixer before washing.
7. Do not operate any appliance with a damaged cord or plug after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized Cuisinart service facility for examination, repair, or mechanical or electrical adjustment.
8. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
9. Do not use outdoors or anywhere the cord or mixer might come into contact with water while in use.
10. To avoid possibility of mixer being accidentally pulled off work area, which could result in damage to the mixer or in personal injury, do not let cord hang over edge of table or counter.
11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surface, including the stove.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

INTRODUCTION

For all your favourite recipes.
The PowerSelect 5-Speed Hand Mixer is housed in stainless steel – an elegant finish for a kitchen basic. Cuisinart engineering makes it a top performer, too; use it to whip lighter-than-air meringues to creamy mashed potatoes to substantial cookie dough. You'll love the simple operation.
The speed control dial slides into position with the touch of the thumb. It's comfortable to handle, and easy to clean.

FEATURES AND BENEFITS

220 Watts of Power
Powerful enough to easily cut through a double batch of cookie dough or butter right out of the refrigerator.

Maximum Comfort
Balanced to do more work for you. The shape of the unit allows maximum possible power and balance. Stress-free grip provides unparalleled comfort and control, even during extended mixing.

1. **Speed Control**
   Provides fingertip control of all speeds.

2. **Exclusive Rotating Swivel Cord**
   Unique swivel cord can be positioned for comfort with right- or left-handed use. (patent pending)

3. **Spatula Included**

4. **Beater Release Button**
   Conveniently located for easy ejection of beaters.

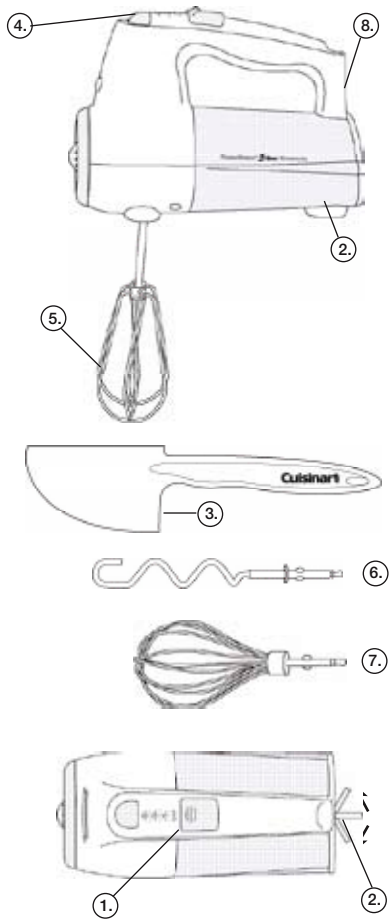
5. **Extra-Long Beaters**
   Two extra-long, extra-wide beaters for superior mixing, faster aerating, and whipping. Designed with no centre post to prevent ingredients from clogging up beaters. Beaters are easy to clean and dishwasher safe.

6. **Dough Hooks**
   Great for preparing and kneading yeast doughs such as pizza, homemade breads and rolls. Easy to clean and dishwasher safe.

7. **Whisk**
   Professional 8cm-diameter whisk adds volume to whipped cream and creates stiff, fine-textured egg whites. Provides superior whipping and aerating.

8. **Heel Rest**
   Allows mixer to rest squarely on countertop.

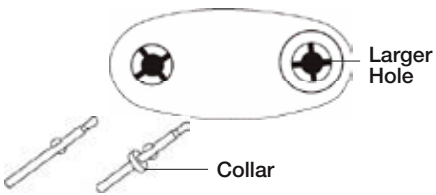
9. **Easy-to-Clean Housing (not shown)**
   The PowerSelect Mixer has a smooth, sealed base; it wipes clean instantly.



USE AND CARE

Inserting Beaters

1. Unplug the mixer and set the speed control to the OFF position.
2. Insert beater with collar into larger hole. Push beater in until it clicks into place. Insert the beater without collar into the smaller hole. Push beater in until it clicks into place.



Cleaning and Removing Beaters

1. Before cleaning the PowerSelect Mixer, set the speed control switch to OFF and unplug it from the wall outlet. Press down on the beater eject button and remove beaters from the mixer. Wash the beaters after each use in hot, soapy water or in a dishwasher.
2. **NEVER PUT THE MOTOR HOUSING IN WATER OR OTHER LIQUID TO CLEAN**. Wipe with a damp cloth or sponge. Do not use abrasive cleansers, which could scratch the surface.

QUICK REFERENCE GUIDE

Mixing Techniques

The PowerSelect Mixer should always be set on the lowest speed when you start mixing.

Speed 1
- Start mixing most ingredients together
- Combine dry ingredients
- Cream butter and sugar to mix
- Mix heavy cookie doughs
- Mash potatoes/squash
- Add nuts, chips, dried fruit to doughs and batters
- Add flour to batters, or liquids to dry ingredients
- Start mixing frostings
- Start mixing cake mixes

Speed 2
- Add eggs to batters/doughs
- Start to whip potatoes/squash
- Mix pudding batters

Speed 3
- Complete beating cake mixes
- Mix scratch cake batters
- Cream butter and sugar until light and fluffy
- Complete mixing frostings
- Whip potatoes/squash
- Beat whole eggs/yolks
- Start whipping cream

Speed 4
- Complete whipping cream

Speed 5
- Whip egg whites
- Whip butter or cream cheese to light and fluffy consistency for dips and spreads

RECIPES

Mixing Tips

- Always read entire recipe and measure all ingredients before beginning the mixing process.
- For best results, do not measure flour directly from the bag. Pour into a container or bowl, scoop out the flour and level with the back of a knife or spatula. For flour stored in a container, stir before measuring.
- Eggs, butter or cream cheese combine more thoroughly at room temperature.
- Remove butter from refrigerator first and cut into 1.5cm pieces, then measure out remaining ingredients for recipe. This will hasten the softening process. Do not warm butter for baking in a microwave unless instructed to do so. Microwaving can melt butter; melted butter will change the final product.
- The best cheesecakes are made when the eggs and cream cheese

are a similar room temperature. While the Cuisinart® PowerSelect hand mixer can easily mix cold cream cheese, the trick is not to add too much air, which can cause cracking.

- For best results, use heavy cream, cold from the refrigerator, for whipped cream.
- For best results, whip egg whites in a spotlessly clean stainless steel or glass mixing bowl. If available, use a copper mixing bowl.
- Chocolate chips, nuts, raisins, etc. can be added using speeds 1 or 2 of your hand mixer.
- To separate eggs for any recipe, break them one at a time into a small bowl, gently remove yolk, then transfer egg whites to spotlessly clean mixing bowl. If a yolk breaks into the egg white, reserve that egg for another use. Just a drop of egg yolk in the white will prevent the whites from whipping properly.
- To achieve the best volume when whipping egg whites, the mixing bowl and beaters must be spotlessly clean and free of any fat, oil, etc. (Plastic bowls are not recommended for whipping egg whites.) The presence of any trace of fat or oil will prevent the egg whites from increasing in volume. Wash bowl and attachments thoroughly before beginning again.
- Occasionally ingredients may stick to the sides of the mixing bowl. When this occurs, turn mixer off and scrape the sides of the bowl with a rubber spatula.

SWEETS

Cinnamon Muffins

These tasty muffins are just right for a holiday bread basket.

Makes 12 regular or 24 mini muffins

- cooking spray
- 2 cups unbleached all-purpose flour
- 3 tablespoons brown sugar, packed
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 2 large eggs
- 1 cup evaporated skimmed milk (not reconstituted), or whole milk
- ¼ cup unsalted butter, melted and cooled

Preheat the oven to 190°C. Spray 12 regular or 24 mini muffin cups.

Place the flour, brown sugar, baking powder, cinnamon, and salt in a medium bowl. Mix on Speed 1 for 30 seconds to combine and break up brown sugar; reserve.

Place the eggs in a second bowl. Beat on Speed 2 until slightly foamy, 30 seconds. Then mixing on Speed 3, add the milk and melted butter; mix for 15 seconds. Pour over the dry ingredients, and use Speed 1 to stir in until the ingredients are just moistened. Scoop into the prepared muffin cups. Bake in the preheated oven: 18–20 minutes for regular muffins, 14 to 16 minutes for mini muffins, until lightly browned and springy to touch in the centre. Serve warm with Maple Orange Butter. (Muffins may be made ahead and frozen. Thaw and warm before serving.)

Nutritional information per serving (1 regular or 2 mini muffins):
Calories 155 (29% from fat) • carb. 22g • pro. 5g • fat 5g • sat. fat 2g • chol. 46mg • sod. 208mg • calc. 141mg • fibre 1g

Maple Orange Butter

Maple Orange Butter also makes a great spread for pancakes, waffles, biscuits or scones.

Makes ¾ cup

- ½ cup unsalted butter, room temperature
- 2 tablespoons maple syrup (not pancake or sugar syrup)
- zest of 1 orange, finely chopped

Use Speed 3 to beat butter in a mixing bowl until light and fluffy, about 1 minute. Add maple syrup and orange zest; beat on Speed 3 for 1 minute longer until fluffy and completely combined.

Nutritional information per serving (1 tablespoon):
Calories 76 (88% from fat) • carb. 2g • pro. 0g • fat 8g • sat. fat 5g • chol. 21mg • sod. 1mg • calc. 6mg • fibre 0g

Double Chocolate Walnut Brownie Drops

A brownie in a bite!

Makes 26

60g	unsweetened chocolate, chopped
1½	cups all-purpose flour
½	teaspoon baking powder
½	teaspoon salt
8	tablespoons unsalted butter, cut in 8 pieces
½	cup granulated sugar
½	cup brown sugar, firmly packed
1	large egg
1½	teaspoons vanilla extract
⅔	cup mini chocolate morsels
⅔	cup chopped walnuts
	powdered sugar for garnish

Melt the chocolate in a double boiler over hot water or in a microwave according to manufacturer's directions. Let cool. Preheat oven to 175°C. Line baking sheets with parchment or nonstick baking liner sheets.

Place the flour, baking powder and salt in a medium bowl; mix on Speed 1 for 20 seconds to combine. Reserve.

Place the butter and sugars in a medium bowl. Mix on Speed 2 for 30 seconds, then mix on Speed 4 until light and fluffy, 2 minutes. Add the egg and vanilla, mixing on Speed 2 until combined, 20 seconds. Add melted, cooled chocolate, mix 20 seconds on Speed 1. Add flour mixture, mix on Speed 1 until combined, 30 seconds. Add chocolate morsels and walnuts, and mix on Speed 1 to blend, 10 seconds.

Scoop out dough in 1½ tablespoon amounts onto prepared baking sheets. (For ease, speed and uniformity, you may use a #40 ice cream scoop.) Bake in the preheated oven for 10–12 minutes. Let cool on pans 2 minutes, then transfer to a wire rack to cool completely. Just before serving, dust lightly with powdered sugar if desired.

Nutritional information per serving:
Calories 151 (48% from fat) • carb. 18g • pro. 2g • fat 8g • sat. fat 4g • chol. 18mg • sod. 59mg • calc. 15mg • fibre 1g

Oatmeal Monster Cookies

An old Cuisinart favourite!

Makes 5 dozen cookies

2	cups all-purpose flour
1½	teaspoons baking soda
1	teaspoon salt
1⅓	cups butter
1⅓	cups light brown sugar
1⅓	cups sugar
2	large eggs
1½	teaspoons vanilla extract
4	cups quick-cooking oats
⅔	cup chopped pecans
⅔	cup chocolate chips (semisweet or milk)
⅔	shredded coconut
⅔	cup M&M's®
⅔	cup raisins, dried cranberries or dried tart cherries
	cooking spray

Preheat oven to 175°C. Combine flour, soda and salt in a small bowl; reserve.

In a large mixing bowl, cream butter and sugars on Speed 2 until light and fluffy, about 1 to 2 minutes. Add eggs and vanilla; beat on Speed 1 until well blended, about 1 minute.

Add flour mixture to creamed mixture in 4 additions; beat on Speed 2 after each addition until well blended. Add oats in 4 additions; beat on Speed 2 after each addition until well mixed. Add pecans and continue beating on Speed 2 until just blended. Add chocolate chips and next 3 ingredients; continue mixing on Speed 2 until well blended, about 20 to 30 seconds.

Spray baking sheets with cooking spray or line with parchment paper. Drop dough by rounded tablespoons, 2 inches apart, onto baking sheet and bake until golden brown, about 10 to 12 minutes. Remove from baking sheet and cool on wire rack.

Nutritional information per cookie:
Calories 165 (40% from fat) • carb. 23g • pro. 2g • fat 7g • sat. fat 4g • chol. 18mg • sod. 91mg • calc. 25mg • fibre 1g

Lemon-Lime Sugar Cookies

Cookies with a little "zest"!

Makes 50 cookies

- **4 cups all-purpose flour**
- **2 teaspoons baking soda**
- **½ teaspoon salt**
- **½ cup (1 stick) unsalted butter, cut in 8 pieces**
- **2½ cups granulated sugar, divided**
- **½ light corn syrup**
- **2 large eggs**
- **zest of 1 lemon (bitter white pith removed), finely chopped**
- **zest of 1 lime (bitter white pith removed), finely chopped**
- **1 teaspoon lemon extract**
- **1 teaspoon lime extract**

Preheat oven to 175°C. Line baking sheets with parchment.

Place the flour, baking soda, and salt in a medium bowl. Use Speed 1 to blend and aerate, 20 seconds. Reserve.

Place the butter and 2 cups of the sugar in a large bowl. Use Speed 1 to blend, 30 seconds. Cream until light and fluffy using Speed 3, 1½ minutes. Add syrup, eggs, and zests. Mix on Speed 2 for 30 to 40 seconds until smooth. Add extracts; mix on Speed 2 for 30 seconds. Add dry ingredients separately; mix on speed 1 until each is incorporated.

Using 1½ tablespoons of dough, shape into round balls and dip in remaining sugar to coat. (For ease and speed, use a number 40 ice cream scoop.) Arrange balls on parchment-lined baking sheet 6cm apart. Press each ball gently with the bottom of a flat glass. Bake in preheated oven for 10 to 12 minutes, until crackled and just beginning to turn golden. Remove from oven, let cool on baking sheet for 2 to 3 minutes, then transfer to a wire rack to cool completely. Store between sheets of waxed paper in an airtight container.

Tip: to chop zest easily, place zest in work bowl of a Cuisinart® MiniPrep Plus with ¼ cup of the sugar from the recipe. Pulse on chop 10–15 times, then process continuously until finely chopped, 30 to 40 seconds.

Nutritional information per cookie:
Calories 116 (31% from fat) • carb. 19g • pro. 1g • fat 15g • sat. fat 2g • chol. 13mg • sod. 72mg • calc. 5mg • fibre 0g

Chewy Oatmeal Graham Cookies

These yummy cookies may just become your all-time favourites. They're loaded with goodies and sure to wow family and friends.

Makes about 45 5cm cookies

- **1½ cups rolled oats (regular, not prepared)**
- **1½ cups all-purpose flour**
- **1 cup granita crumbs**
- **1 teaspoon baking soda**
- **1 teaspoon cinnamon**
- **½ teaspoon ground ginger**
- **½ teaspoon salt**
- **1 cup unsalted butter, cut into 16 pieces, at room temperature**
- **¾ cup granulated sugar**
- **¾ cup brown sugar, packed**
- **2 large eggs**
- **1 teaspoon vanilla extract**
- **1 cup dried cranberries**
- **1 cup golden raisins**

Preheat oven to 175°C. Line baking sheets with parchment or nonstick baking sheet liners.

In a small bowl, combine oats, flour, graham cracker crumbs, baking soda, cinnamon, ginger, and salt. Stir to blend; reserve.

Place the butter and both sugars in a large bowl. Insert the stainless steel beaters. Mix on Speed 1 until creamy, about 1 minute; scrape bowl. Mix on Speed 4 for 1 minute until creamed. Mix in eggs and vanilla on Speed 2, 30 seconds. Add the flour mixture in 2 additions, mixing on Speed 2. Add

dried cranberries and raisins, mix on Speed 2 until combined, about 20 seconds.

Drop by rounded tablespoonfuls – about the size of a walnut, to prepared baking sheets (#50 ice cream scoop). Bake for 9 to 11 minutes, or until set. Cool for 2 minutes on baking sheets, remove to wire racks to cool completely.

Nutritional information per cookie:
Calories 127 (% from fat) • carb. 17g • pro. 2g • fat 5g • sat. fat 3g • chol. 20mg • sod. 83mg • calc. 9mg • fibre 1g

Classic Snickerdoodles

An old-fashioned cookie with a whimsical name.

Makes 48 cookies

2¾	cups all-purpose flour
2	teaspoons cream of tartar
1	teaspoon baking soda
¼	teaspoon salt
1	cup unsalted butter, softened
1½	cups sugar
2	eggs
1	teaspoon vanilla

Cinnamon Sugar Coating:

3	tablespoons sugar
2 to 4	teaspoons ground cinnamon

Combine flour, cream of tartar, baking soda and salt in a small bowl. Stir to blend; reserve.

Insert the stainless steel beaters. Place the butter and sugar in a medium bowl. Cream using Speed 2 until light and fluffy, about 1 minute. Add the eggs one at a time and beat on Speed 4 after each addition. Add the vanilla and continue beating on Speed 4 until well-blended, about 20 seconds.

Add the flour mixture to the creamed mixture in 2 additions; beat on Speed 2 after each addition until well-mixed, about 40 seconds. Cover with plastic wrap or waxed paper and refrigerate for at least 2 hours.

Stir together 3 tablespoons sugar and cinnamon in small bowl. Shape rounded tablespoonfuls of chilled dough into 2.5cm balls; roll in sugar mixture. Place 5cm apart onto prepared cookie sheets. Bake for 11 to 14 minutes or until edges are lightly browned. Cool on cookie sheet for 2 to 3 minutes; transfer to a rack to cool completely. Cool cookie sheets completely between batches.

Nutritional information per cookie:
Calories 87 (42% from fat) • carb. 12g • pro. 1g • fat 4g • sat. fat 2g • chol. 19mg • sod. 56mg • calc. 3mg • fibre 0g

Almond Thumbprints

Fill these treats with your favourite preserves – use a variety for a pretty presentation.

Makes 4 dozen 5½cm cookies

2½	cups all-purpose flour
1¼	cups finely ground almonds
½	cup + 2 tablespoons powdered sugar
½	cup + 2 tablespoons granulated sugar, divided
¾	teaspoon baking powder
½	teaspoon salt
1¼	cups unsalted butter (2½ sticks), room temperature, divided
1	large egg
1	teaspoon pure vanilla extract
1	teaspoon almond extract
½	cup fruit preserves, warmed

With the Cuisinart® Hand Mixer on Speed 1, combine the flour, almonds, powdered sugar, ¼ cup + 1 tablespoon granulated sugar, baking powder and salt, for 5 seconds. Reserve.

In a large bowl, cream butter with the remaining sugar, starting with the Mixer on 1 and increasing speed to 3. Scraping bowl once or twice, beat until mixture is light and fluffy about 3 minutes. Add egg, vanilla and almond extracts, beating for 10 to 15 seconds on Speed 1. Sprinkle ½ of the flour mixture over the top.

Incorporate flour with the mixer on 1, for 10 seconds, or until just combined; do not overbeat. Repeat with remaining flour.

Transfer the dough to a bowl and cover or place in a resealable plastic bag and refrigerate until firm, about 1 hour or overnight.

Heat oven to 175°C. Line 3 baking sheets with parchment paper. Roll dough into 3cm balls. Place the dough balls on the prepared baking sheets, 5cm apart. Make a depression in the centre of each cookie with fingertip or the handle of a wooden spoon. Bake cookies for 10 minutes.

Remove cookie sheets from oven. Use the back of a round 1 teaspoon measuring spoon to re-form the depressions in the cookies. Fill each depression with 1/2 teaspoon preserves.

Continue baking cookies until light golden brown around the edges, about 8 minutes longer. Cool on baking sheets for 2 minutes, then transfer to rack to cool completely.

Can be made ahead and stored in airtight container at room temperature between sheets of waxed paper.

Nutritional information per cookie:
Calories 133 (56% from fat) • carb. 13g • pro. 2g • fat 9g • sat. fat 3g • chol. 17mg • sod. 32mg • calc. 24mg • fibre 1g

Chocolate Chip Shortbread

These tender butter cookies are great with tea.

Makes about 4 dozen cookies

1	**cup unsalted butter, room temperature**
¾	**cup firmly packed brown sugar**
1½	**teaspoons pure vanilla extract**
2	**cups all-purpose flour**
1	**cup miniature semisweet chocolate chips**
	granulated sugar for garnish

Preheat oven to 175°C.

Insert the stainless steel beaters. Place the butter and brown sugar in a medium bowl. Cream butter and brown sugar, starting on Speed 1 and increasing the Speed to 3, for 3 minutes or until light and fluffy. Scrape bowl and beat in vanilla, 30 seconds. Sprinkle ½ of the flour over the top and mix on 1 until incorporated, about 20 seconds. Sprinkle the remaining flour and mix until a dough begins to form, about 45 seconds. Stir in chocolate chips using Speed 1.

Roll dough into 3cm balls and place about 7.5cm apart on ungreased cookie sheets. Using the bottom of a drinking glass which has been smeared with a little bit of butter, dip it in sugar, and flatten each cookie to about 1cm. Bake for about 12 minutes until cookies are just beginning brown on edges.

Cool on baking sheets for 2 minutes, then transfer to a rack to cool completely.

Nutritional information per cookie:
Calories 79 (57% from fat) • carb. 8g • pro. 1g • fat 5g • sat. fat 3g • chol. 10mg • sod. 1mg • calc. 5mg • fibre 0g

Brown Sugar-Banana Pound Cake

A very old-fashioned cake, Brown Sugar-Banana Pound Cake is moist and satisfying.

Makes 2 loaves (15 slices each)

450g	**+ 2 teaspoons unsalted butter, room temperature, divided**
3	**cups + 2 tablespoons all-purpose flour, divided**
½	**teaspoon baking powder**
½	**teaspoon salt**
450g	**light brown sugar**
1	**cup granulated white sugar**
5	**large eggs**
1	**cup mashed ripe banana (about 2 bananas)**
1	**cup whole milk**
1	**teaspoon pure vanilla extract**
1	**cup chopped pecans, lightly toasted**

Generously coat two 23x13x10cm loaf pans with the 2 teaspoons butter. Fit each pan with a piece of lightly buttered parchment paper or aluminum foil cut to fit lengthwise – about 45cm in length and folded to fit across the bottom of the loaf pan. Let excess come up over ends of pan. Dust each pan with 1 tablespoon flour,

shaking all around to coat lightly and discard excess.

Place the remaining 3 cups flour, baking powder and salt in a bowl; stir to blend. Reserve.

Place remaining butter and both sugars in a large bowl. Insert stainless steel beaters. Mix butter and sugars, starting on Speed 1 and increasing to Speed 3. Cream on Speed 3 until mixture is light and fluffy, about 4 minutes, stopping to scrape the bowl twice. Using Speed 1, add eggs, one at a time, beating for 10 to 15 seconds after each addition. Add mashed banana, beating on Speed 1 for 30 seconds. Scrape bowl. Beat 2 minutes more on Speed 3 until mixture is light.

Combine milk with vanilla. Sprinkle ½ of the flour mixture over the banana mixture. Using Speed 1, beat just until flour disappears, about 10 to 15 seconds. Add the milk, mix until incorporated, about 10 seconds. Repeat with the remaining flour. Beat only until mixed, about 10 seconds each time; do not overbeat. (Any remaining flour will be mixed in along with the pecans). Fold in pecans with using Speed 1 until just mixed in.

Pour batter into prepared loaf pans and place in cold oven. Set heat to 175°C and turn oven on. Bake for 1 hour and 25 to 30 minutes or until loaves test done (cake tester in centre of cake comes out clean). Cool in pans for 3 minutes and turn out to a rack to cool completely. Remove parchment/foil to cool. Wrap to store. Can be frozen – double-wrap to prevent freezer burn or odors from being absorbed.

Nutritional information per serving (one slice):
Calories 284 (49% from fat) • carb. 34g • pro. 3g • fat 16g • sat. fat 8g • chol. 70mg • sod. 64mg • calc. 34mg • fibre 1g

Mini-Chip Cheesecake

A favourite for family and friends.

Makes one 23cm cake, 12 servings

270g	**chocolate wafers (1 box), crushed**
6	**tablespoons unsalted butter, melted**
960g	**reduced fat cream cheese, room temperature***
1	**cup granulated sugar**
4	**large eggs**
2½	**teaspoons pure vanilla extract**
1	**cup chocolate mini-chips**
	hot water (about 2 cups)

Position rack in centre of the oven and preheat to 175°C.

Place chocolate crumbs and melted butter in a large mixing bowl. Insert the stainless steel beaters. Blend the mixture for about 30 seconds on Speed 1. Press into the bottom of a 23cm springform pan. Bake in oven for 10 minutes. Transfer to freezer for about 10 minutes. When cool, wrap the pan in heavy-duty aluminum foil to cover the sides, acting as a water seal.

Place cream cheese and sugar in a medium bowl. Mix for one minute on Speed 1, until blended and smooth. Add the eggs, one at a time, beating for 10 seconds after each addition. Add vanilla with the final egg. Add chips and beat just until incorporated; do not overbeat. (Overbeating will add too much air, causing the cheesecake to rise, fall and crack when baking is done.)

Pour into prepared springform pan. Create a water bath by placing the springform into a pan with sides that is large enough to accommodate the springform leaving at least 2.5cm of space between the pans. Carefully pour hot water into that space to come up at least half way up the springform. Bake for about 60 to 70 minutes or until cake looks slightly puffed and almost set in the middle.

Carefully remove from oven and lift cake pan out of water and place on a rack. Remove foil and cool completely.

Cover and refrigerate at least 4 hours before serving.

Nutritional information per serving:
Calories 479 (53% from fat) • carb. 46g • pro. 12g • fat 29g • sat. fat 16g • chol. 114mg • sod. 578 • calc. 129mg • fibre 2g

***Note:** While the Cuisinart® Hand Mixer is strong enough to handle cold cream cheese, you will get the best cheesecake results using room

temperature cream cheese that has been cut into 2.5cm pieces. This will enable you to blend the cream cheese with the remaining ingredients without adding too much air.

Fresh Ginger Cake

This wonderfully moist cake is a perfect year-round treat.

Makes 16 servings

1	**cup + 2 teaspoons unsalted butter, melted and cooled, divided**
2½	**cups + 1 tablespoon all purpose flour, divided**
1	**teaspoon powdered ginger**
1	**teaspoon cinnamon**
½	**teaspoon ground cloves**
½	**teaspoon freshly ground black pepper**
1	**cup granulated sugar**
1	**cup molasses**
1	**cup water**
2	**teaspoons baking soda**
120g	**fresh ginger, peeled and finely grated (about ½ cup)**
2	**large eggs, room temperature**

Position rack in centre of the oven and heat to 175°C. Line the bottom of a 23x10cm cake pan with a circle of parchment paper. Coat pan with 2 teaspoons butter and dust 1 tablespoon flour evenly over buttered pan. Shake out and discard excess flour.

Place remaining flour, powdered ginger, cinnamon, cloves and black pepper in a medium bowl and stir; reserve. Insert the stainless steel beaters. Place sugar, molasses, and melted butter in a large bowl and mix for 30 seconds on Speed 1; reserve.

Bring the water to a boil in a small saucepan or in a 4-cup measure in the microwave; stir in the baking soda. Combine this mixture with the molasses/sugar mixture, then stir in the fresh ginger. Sprinkle half the flour mixture over the molasses/sugar/water mixture and mix for 15 seconds using Speed 1. Repeat with remaining flour. Add eggs and continue beating on Speed 2 until everything is thoroughly combined. Pour batter into the prepared cake pan, bake for 60 to 65 minutes, until the cake tests done (a cake tester inserted in the centre of the pan comes out clean). If the top of the cake starts to burn, cover loosely with aluminum foil and continue baking.

Cool for at least 15 to 20 minutes. Run a knife around the edge to loosen and turn the cake out onto a wire rack, peel off parchment and cool completely. When cool serve plain, or frost only on top with Lemon Cream Cheese Frosting.

Nutritional information per serving (cake only):
Calories 288 (38% from fat) • carb. 42g • pro. 3g • fat 12g • sat. fat 7g • chol. 58mg • sod. 151mg • calc. 47mg • fibre 1g

Nutritional information per serving (frosted cake):
Calories 402 (42% from fat) • carb. 54g • pro. 5g • fat 19g • sat. fat 12g • chol. 74mg • sod. 233mg • calc. 69mg • fibre 1g

Lemon Cream Cheese Frosting

A lemonade version of the classic cream cheese frosting.

Makes enough for one 23cm cake, 12 servings

240g	**reduced-fat cream cheese, room temperature**
6	**tablespoons unsalted butter, room temperature**
1½	**cups confectioners' sugar**
2	**teaspoons freshly grated lemon zest, divided**
1	**teaspoon pure vanilla extract**

Using a Cuisinart® Hand Mixer on Low 1, combine cream cheese and butter in a medium bowl. Incorporate the sugar ½ cup at a time, beating only for 10 or 15 seconds. Blend in lemon zest and vanilla, 20 seconds. Do not overbeat.

Mound the frosting on the top of the ginger cake. Garnish with remaining lemon zest.

Nutritional information per serving:
Calories 152 (26% from fat) • carb. 16 • pro. 2g • fat 9g • sat. fat 6g • chol. 22mg • sod. 109mg • calc. 29mg • fibre 0g

Lemon Tea Loaf

A tender moist cake – can also be made into cupcakes.

Makes 1 loaf, sixteen 1.5cm slices

- **3 cups all-purpose flour**
- **2 teaspoons baking powder**
- **½ teaspoon salt**
- **⅔ cup melted butter**
- **2 cups sugar**
- **¾ cup lemon juice**
- **¼ cup finely chopped lemon zest (zest of about 4 lemons)**
- **4 large eggs**
- **1 teaspoon pure vanilla extract**
- **1 cup whole milk yoghurt**
- **½ cup confectioners' sugar, sifted**

Arrange rack in the middle of the oven. Preheat oven to 175°C. Butter and flour 23x13x10cm loaf pan.

In a mixing bowl, sift together flour, baking powder, and salt; reserve.

Insert the stainless steel beaters. Place the melted butter and sugar in a large mixing bowl and mix using Speed 3 for one minute; the mixture will still seem slightly granular. Continue mixing and add ½ cup lemon juice and zest. Add eggs one at a time and then the vanilla.

Add the dry ingredients and yoghurt to the batter alternately in three additions, using Speed 2, ending with the yoghurt.

Pour batter into prepared loaf pan. Bake on the middle rack for approximately one hour and thirty-five minutes, rotating the pan half way through baking time. Check cake for doneness after 1 hour and 20 minutes. Cake is finished when cake tester comes out clean.

While cake is baking, mix remaining ¼ cup of lemon juice with sifted confectioners' sugar until white and glossy. Set aside.

Allow cake to rest about ten minutes, until cool to the touch. Remove from pan and place on a dish with a lip. Stick the cake with a toothpick all over the top, particularly along the cracks. Pour glaze over top of cake, using a spatula or pastry brush, in order to cover the top and side surface of the loaf .

Nutritional information per serving:
Calories 294 (29% from fat) • carb. 49g • pro. 5g • fat 10g • sat. fat 6g • chol. 75mg • sod. 131mg • calc.32mg • fibre 1g

Mocha Cake

Frost this moist layer cake with Deep Mocha Frosting.

Makes two 23cm layers

- **1 tablespoon unsalted butter, room temperature**
- **1¾ cups + 2 tablespoons all-purpose flour, divided**
- **2 cups granulated sugar**
- **¾ cup unsweetened cocoa powder**
- **2 teaspoons baking soda**
- **1 teaspoon baking powder**
- **1 teaspoon salt**
- **2 large eggs**
- **1 cup strong brewed coffee, cooled**
- **1 cup buttermilk**
- **½ cup unsalted butter, melted and cooled**
- **1 teaspoon vanilla extract**

Position rack in centre of the oven, preheat to 175°C. Butter two 23x10cm round cake pans and line with a circle of buttered parchment paper. Dust 1 tablespoon flour evenly over each pan – shake to coat evenly and discard excess.

Place flour, sugar, cocoa, baking soda, baking powder, and salt in a large bowl. Stir to blend and make a well in the centre of the dry ingredients. Add eggs, coffee, buttermilk, butter and vanilla to the well. Insert the stainless steel beaters. Beat for 2 minutes using Speed 3, batter will be thin. Pour into pans.

Bake for 30 to 40 minutes, until a toothpick inserted into the centre comes out clean. Cool for 10 minutes, remove from pans and finish cooling on racks. When cool, frost with Deep Mocha Frosting, topping one layer first with about ⅓ of the frosting. Top with the remaining layer, frosting the top with about ⅓ of the remaining frosting, and the sides with the remaining ⅓ of the frosting.

Layers may be double-wrapped and frozen until ready to use. Frost when partially thawed.

Nutritional information per serving (cake only):
Calories 296 (28% from fat) • carb. 51g • pro. 5g
• fat 10g • sat. fat 6g • chol. 57mg
• sod. 432mg • calc. 40mg • fibre 2g

Nutritional information per serving (frosted cake):
Calories 448 (44% from fat) • carb. 60g • pro. 5g
• fat 23g • sat. fat 14g • chol. 98mg
• sod. 439mg • calc. 53mg • fibre 2g

Deep Mocha Frosting

Leave out the espresso for a rich chocolate frosting.

Makes about 2½ cups, enough for two 23cm round cakes

- ¾ **cup heavy cream**
- ½ **cup unsalted butter**
- ½ **cup sugar**
- **360g semisweet chocolate**
- ½ **tablespoon espresso powder**
- **1 teaspoon vanilla**

Combine all ingredients in saucepan and place over medium heat. Bring mixture to an almost simmer. Using your Cuisinart® Hand Mixer mix on Speed 2 for 30 seconds. Continue mixing at 30 second intervals until all the chocolate is melted and mixture is well combined. This process takes approximately 8 minutes.

Refrigerate mixture for about an hour until it sets up before use.

Frosting can be made in advance and refrigerated. Make sure to remove from refrigerator about an hour prior to use.

Nutritional information preserving (about 3⅓ tablespoons):
Calories 152 (66% from fat) • carb. 9g • pro. 0g
• fat 13g • sat. fat 8g • chol. 41mg
• sod. 7mg • calc. 12mg • fibre 0g

Peanut Butter Cup Soufflé

Peanut butter and chocolate – a perfect combination.

Makes 8 servings

- **6 tablespoons butter, room temperature**
- ⅓ **cup + 3 tablespoons granulated sugar**
- **4 large egg yolks, divided**
- **6 large egg whites**
- **60g bittersweet chocolate, chopped**
- ¼ **cup all-purpose flour**
- **1¼ cups whole milk**
- ¼ **cup creamy peanut butter (could use more)**

Preheat oven to 175°C.

Coat the bottom and sides of a 2-litre soufflé dish with 2 tablespoons butter, and sprinkle in 2 tablespoons sugar, shaking all around to cover; discard excess. To make a collar, measure enough aluminum foil to wrap around the top of the soufflé dish. Fold the foil in thirds lengthwise. Lightly coat one side with 1 tablespoon butter, sprinkle with 1 tablespoon sugar, discarding excess. Attach the foil, sugar side in, around the outside of the dish with the foil extending 5cm above the top. Tape ends together and reserve.

Insert the stainless steel beaters. Place 2 yolks in a medium sized bowl, beat on Speed 1, about 30 seconds. Repeat with remaining 2 yolks in another bowl, reserving both. Put 6 whites in a large, clean mixing bowl (use stainless steel or glass, not plastic) and reserve.

In a small saucepan, stir chocolate over low heat until melted; remove to cool slightly. Make a cream sauce by melting 3 tablespoons butter in a 1 litre saucepan. Stir in flour into butter, cook for 1 minute and then add the milk. Beat on Speed 2 until mixture simmers and thickens. Remove from heat and cool for 2 minutes. Combine ½ of the cream sauce with the melted chocolate, using Speed 1. Stir the peanut butter into the remaining cream sauce using the same method.

Using Speed 1, gently combine the chocolate mixture with one bowl of yolks, about 30 seconds. Reserve. Repeat with the peanut butter mixture and remaining 2 yolks.

Attach the Chef's Whisk. Starting on Speed 1, beat egg whites until frothy and gradually increase to Speed 3, beating until soft peaks form, about 2 minutes. Reduce to Speed 1 and add the sugar 1 tablespoon at a time until stiff peaks form, approximately 1½ to 2 minutes longer.

Divide the egg whites in half for both

the chocolate and the peanut butter mixtures. Fold 1 cup of whites into chocolate mixture using the beater attachment on Speed 1 until no whites show. Fold the remaining whites in gently, in 3 stages. Repeat same procedure with the peanut butter mixture.

Transfer the peanut butter mixture to the prepared soufflé dish. Spoon the chocolate mixture on top. Using a small metal spatula or table knife, gently swirl the chocolate into the peanut butter.

Bake for 45 to 55 minutes. Soufflé will appear puffed and golden.

Nutritional information per serving:
Calories 321 (64% from fat) • carb. 19g • pro 11g • fat 23g • sat. fat 10g • chol. 135mg • sod. 139mg • calc. 72mg • fibre 1g

Chocolate Soufflé Cake

Serve with softly whipped cream and berries for an elegant dessert.

Makes one 25cm round cake, sixteen 2.5cm slices

180g	**bittersweet chocolate**
60g	**semisweet chocolate**
2	**tablespoons unsalted butter plus additional for pan preparation**
9	**eggs**
2	**egg whites**
1¼	**cups granulated sugar**
⅓	**cup all-purpose flour**
	confectioners' sugar for dusting

Preheat oven to 185°C.

Cut a circle of parchment paper to line a 25cm round cake pan. Butter the bottom and sides of cake pan well. Add enough flour to coat the buttered interior, being sure to tap the pan and remove any excess flour. Place the parchment circle at the bottom of the pan and butter and flour it as well. Melt the chocolate and butter in a stainless bowl over a double boiler; reserve.

Separate eggs into two mixing bowls, adding the extra whites to the bowl of egg whites. Add ¾ cups of sugar to the bowl of yolks. Using the stainless steel beaters, mix the yolks and sugar on Speed 4 for 1½ minutes until very pale and thick. Using Speed 1, stir ½ cup of the egg yolk mixture into the warm chocolate mixture – this will temper the warm chocolate and prevent it from curdling the eggs. While mixing add the "tempered" chocolate mixture into the remaining egg yolk mixture; reserve.

Using the Chef's Whisk, beat the egg whites on Speed 5 for 1 minute. Add the remaining ½ cup of sugar at this time and continue beating whites for an additional 2 minutes until you achieve soft peaks. Fold whites into the yolk mixture in three additions reserving a small amount of whites. This step is to be done gently using the beater attachments on the lowest Speed. Be careful to scrape the bottom and sides of the bowl. Sift the flour into mixture and fold gently. Finally add the last of the egg whites, again using the same folding technique. To ensure complete incorporation, use a rubber spatula to scrape the bottom and sides of the bowl.

Pour batter into prepared pan and bake for about 40 minutes, until cake has puffed and cracked but is still soft to the touch on top.

Turn cake out onto serving plate and remove pan. Sprinkle the top with sifted confectioners' sugar. Serve immediately or at room temperature.

Nutritional information per serving:
Calories 195 (32% from fat) • carb. 25g • pro. 5g • fat 10g • sat. fat 5g • chol. 123mg • sod. 43mg • calc. 22mg • fibre 1g

Grand Marnier Whipped Cream

Wonderful on fresh berries.

Makes 2 cups, sixteen servings

1	**cup heavy cream**
¼	**cup confectioners' sugar, sifted**
3	**tablespoons Grand Marnier®**
½	**teaspoon vanilla**

Place heavy cream in mixing bowl. Using the Chef's Whisk, beat the cream on Speed 5 for about 1 minute. Add the sifted sugar, vanilla, and Grand Marnier for an additional minute until soft peaks form.

Nutritional Information per serving (2 tablespoons):
Calories 85 (76% from fat) • carb. 4g • pro. 0g • fat 7g • sat. fat 5g • chol. 27mg • sod. 8mg • calc. 13mg • fibre 0g

Coffee Whipped Cream

Excellent on pecan pie.

Makes 2 cups, 12 servings

1 **cup heavy cream**
¼ **cup confectioners' sugar, sifted**
½ **teaspoon pure vanilla extract**
¼ **cup strong coffee**

Place heavy cream in a cold mixing bowl. Using the Chef's Whisk for the Cuisinart® Hand Mixer beat the cream for 1 minute on Speed 5.

At this point add the sifted confectioners' sugar and vanilla and 1 teaspoon of coffee. Continue beating adding one teaspoon of coffee at a time to taste until cream reaches soft peak stage, about 2 to 3 minutes.

Nutritional information per serving:
Calories 78 (83% from fat)• carb. 3g • pro. 1g
• fat 7g • sat. fat 5g • chol. 27mg
• sod. 8mg • calc. 13mg • fibre 0g

Savories

Herbed Cheese

Instead of purchasing expensive herb-flavored cheeses, you can easily prepare your own.

Makes about 2 cups

240g **cream cheese, room temperature (may use regular or lowfat)**
150g **chèvre or other goat cheese, room temperature (soft type, not aged)**
1 **garlic clove, peeled and minced**
1 **tablespoon finely minced shallot or green onion**
1 **tablespoon finely chopped fresh parsley**
1 **teaspoon herbs de Provence**
½ **teaspoon kosher salt**
¼ **teaspoon white pepper**
dash hot sauce such as Tabasco®, to taste

Place all ingredients except hot sauce in a medium bowl. Mix on Speed 3 for 1 minute, then increase speed to Speed 5 to whip for an additional 2 minutes until light and fluffy. Add hot sauce to taste, whip on Speed 5 for 30 seconds longer. Allow to stand at least 30 minutes before serving, to allow flavours to blend. Transfer to a resealable container and refrigerate. Remove from refrigerator 15 minutes before serving to soften. Serve with crackers, pita or bagel chips. It also makes a good topping for a baked potato.

Nutritional information per serving
(2 tablespoons, made with lowfat cream cheese):
Calories 58 (69% from fat) • carb. 1g
• pro. 3g • fat 4g • sat. fat 3g • chol. 9mg
• sod. 156mg • calc. 35mg • fibre 0g

Garden Vegetable Spread

This spread is great either on a bagel or served with crackers and vegetables as a dip. It also makes a nice topping for a baked potato.

Makes 1¾ cups

240g **cream cheese, room temperature (reduced-fat or regular)**
1 **teaspoon lemon juice**
2 **tablespoons reduced-fat sour cream**
¼ **cup grated carrots**
1 **tablespoon green onion**
¼ **cup each finely minced red and yellow pepper**
2 **teaspoons dill, fresh chopped**
1 **teaspoon parsley**
¼ **teaspoon kosher salt**
¼ **teaspoon freshly ground black pepper**

Insert the stainless steel beaters. In a large mixing bowl, beat the cream cheese and lemon juice on Speed 3 for 1 to 2 minutes until creamed.

Mix in sour cream (the cheese will stick to beaters), beating for 2 minutes on Speed 3. Add vegetables, herbs, salt and pepper, mix on 2 for 1 minute until mixture is blended.

Nutritional information per serving (2 tablespoons):
Calories 108 (83% from fat) • carb. 2g • pro 2g
• fat 10g • sat. fat 5g • chol. 31mg
• sod. 179mg • calc. 29mg • fibre 7g

Caramelized Onion Dip

Serve with chips or fresh vegetables.

Makes 3½ cups

- **4 tablespoons unsalted butter**
- **2 tablespoons extra virgin olive oil**
- **2 cups finely chopped onions**
- **¼ teaspoon cayenne pepper**
- **1 teaspoon kosher salt**
- **½ teaspoon freshly ground black pepper**
- **240g lowfat cream cheese, at room temperature, cut into 2.5cm pieces**
- **¾ cup lowfat sour cream**
- **½ cup lowfat mayonnaise**

Heat butter and oil in a large skillet (30cm or 5½ litre sauté) using medium heat. Add the chopped onions, cayenne, salt and pepper. Sauté for 10 minutes, stirring occasionally. Reduce the heat to medium-low and cook for an additional 20 to 25 minutes, until the onions are browned and caramelized. Let cool completely.

Place the cream cheese, sour cream and mayonnaise in a medium bowl. Mix on Speed 1 for 1 minute, then increase speed to Speed 3 for an additional 2 minutes until light and fluffy. Add half the cooled onions, and mix on Speed 5 for 1 minute. Add remaining onions and mix on Speed 1 until blended. Taste and adjust seasonings as necessary.

Nutritional information per serving (¼ cup):
Calories 131 (72% from fat) • carb. 6g • pro. 3g • fat 11g • sat. fat 4g • chol. 21mg • sod. 308mg • calc. 53mg • fibre 1g

Roasted Red Pepper and Sun-dried Tomato Dip

Serve this dip with crackers, bagel chips or pita chips. Or, try it as a spread on sandwiches, or as a topping for baked potatoes.

Makes 2 cups

- **240g cream cheese (lowfat or regular), cut into 8 pieces, room temperature**
- **½ cup sour cream (lowfat or regular)**
- **1 roasted red pepper, cut into 2.5cm pieces**
- **⅓ cup chopped sun-dried tomatoes (not oil-packed)**
- **1 tablespoon chopped fresh parsley**
- **1 clove garlic, chopped**
- **½ teaspoon basil**
- **⅛ teaspoon freshly ground black pepper**

Combine all ingredients in a medium bowl. Mix on Speed 3 until well blended and smooth, 2 minutes. Mix on Speed 5 to lighten, 1 minute. Transfer to a resealable container and refrigerate for 30 minutes or longer to allow flavours to blend before serving.

Nutritional information per serving (2 tablespoons), made with lowfat products:
Calories 54 (52% from fat) • carb. 4g • pro. 2g • fat 3g • sat. fat 2g • chol. 7mg • sod. 111mg • calc. 43mg • fibre 0g

Asian Dip

This is a great and easy dip for vegetables, chips, and especially rice crackers.

Makes about 1 cup

- **½ cup mayonnaise, reduced fat**
- **½ cup sour cream, reduced fat**
- **1 teaspoon lemon juice**
- **1 teaspoon rice vinegar**
- **1 teaspoon soy sauce**
- **½ teaspoon sesame oil**
- **1 teaspoon brown sugar**
- **1 teaspoon fresh ginger, peeled and chopped**
- **½ teaspoon fresh garlic, peeled and chopped**
- **1 teaspoon green onion, finely chopped**
- **1 teaspoon sweet red pepper, finely chopped**
- **¼ teaspoon crushed red pepper**

Place mayonnaise, sour cream, lemon juice, rice vinegar, and soy sauce in a medium bowl. Insert the stainless steel beaters. Mix on Speed 3 until mixture is smooth and creamy. Add remaining ingredients and mix on Speed 1 until well combined.

Nutritional information per serving (1½ tablespoons):
Calories 62 (69% from fat) • carb. 4g • pro. 1g • fat 5g • sat. fat 1g • chol. 8g • sod. 136mg • calc. 19mg • fibre 0g

Basic Vinaigrette

The perfect topping for a crisp green salad, this can be varied by using a different flavour of oil or vinegar, or by adding herbs.

Makes about 2 cups

1 **garlic clove, peeled and finely minced**
2 **tablespoons Dijon-style mustard**
½ **cup wine vinegar or lemon juice**
½ **teaspoon kosher salt**
¼ **teaspoon freshly ground pepper**
1 **cup vegetable oil**
½ **cup extra virgin olive oil**

Place the garlic, mustard, vinegar, salt, and pepper in a medium bowl. Mix on Speed 3 until well blended, 30 seconds. With the mixer running, add the oils in a slow steady stream, about 1½ minutes; continue to mix until totally blended. (If vinaigrette is made ahead and separation occurs, remix on Speed 3/medium until blended.)

Nutritional information per serving (1 tablespoon):
Calories 92 (98% from fat) • carb. 1g • pro. 0g • fat 10g • sat. fat 1g • chol. 0mg • sod. 54mg • calc. 1mg • fibre 0g

Lemon, Dill and Scallion Butter

This butter is perfect for fish, steamed vegetables, or spread on a tea sandwich with cucumber and smoked salmon.

Makes 16 servings

½ **cup unsalted butter, at room temperature, cut into 8 pieces**
1 **tablespoon scallion, finely chopped**
1 **teaspoon lemon zest, finely chopped**
1 **teaspoon lemon juice**
1 **tablespoon fresh dill, chopped**
¼ **teaspoon kosher salt**

Place all ingredients in a medium bowl. Mix using Speed 3/Medium until fluffy and all ingredients are blended in completely.

Using a sheet of plastic wrap or waxed paper as an aid, shape butter into a log, about 2.5cm in diameter. Wrap butter in plastic wrap, twisting the ends to form a log. Chill until firm enough to slice. Place cold slices of Lemon, Dill and Scallion Butter on top of grilled or broiled seafood or chicken, baked sweet potatoes, rice, or steamed vegetables.

Note that Lemon, Dill and Scallion Butter can be wrapped in a whole log or wrapped in smaller sizes and kept in freezer. Double-wrap using an outer wrap of aluminum foil to prevent absorption of freezer odours.

Nutritional information per serving:
Calories 51 (98% from fat) • carb. 0g • pro. 0g • fat 6g • sat. fat 4g • chol. 16mg • sod. 38mg • calc. 3mg • fibre 0g

Creamy Blue Cheese Dressing

This version is much lower in fat than traditional Blue Cheese Dressings. Try it as a dip for celery the next time you serve Buffalo-style Wings.

Makes about 2 cups

1 **garlic clove, peeled and chopped**
15g **shallot, peeled and chopped**
½ **cup lowfat buttermilk**
1 **cup nonfat yoghurt**
⅓ **cup lowfat mayonnaise**
¾ **teaspoon dry mustard**
½ **teaspoon Worcestershire sauce**
¼ **teaspoon white pepper**
90g **crumbled blue cheese dash Tabasco® or other hot sauce – to taste**

Place the garlic, shallot, buttermilk, yoghurt, mayonnaise, dry mustard, Worcestershire, and pepper in a medium bowl. Mix using Speed 2 until smooth and creamy, 30 to 40 seconds. Add the crumbled blue cheese and Tabasco®. Mix using Speed 2 for 20 to 30 seconds longer. Let stand for 30 minutes before using to allow flavours to develop. Cover and refrigerate all unused portions. Keeps 1 week.

Nutritional information per serving (4 teaspoons):
Calories 27 (54% from fat) • carb. 1g • pro. 1g • fat 1g • sat. fat 0g • chol. 2mg • sod. 47mg • calc. 29mg • fibre 0g

Baba Ghanoush

Serve with pita chips, or use as a spread on wrap or pita sandwiches with grilled vegetables.

Makes about 1¼ cups

- **1 medium eggplant**
- **1 tablespoon tahini**
- **1 teaspoon lemon juice**
- **1 tablespoon parsley, freshly chopped**
- **1 tablespoon green onion finely chopped**
- **½ teaspoon salt**
- **¼ teaspoon fresh ground pepper**
- **¼ teaspoon crushed red pepper**
- **1 teaspoon honey**
- **extra virgin olive oil**

Preheat oven to 205°C.

Prick eggplant with fork all around (about 8 times) and wrap in aluminum foil. Roast in the oven for approximately 45 minutes to 1 hour, until the eggplant is very soft. When eggplant has cooled to the touch (about 15 minutes) cut in half and spoon the flesh into a medium mixing bowl.

Insert stainless steel beaters. Mix eggplant for about 2 minutes using Speed 3, until the it turns into an almost smooth consistency. Add tahini and lemon juice and continue mixing using Speed 3 until smooth, about 2 more minutes. Add remaining ingredients and mix on Speed 1 until completely blended. Taste and adjust seasoning. If the eggplant seems bitter add another teaspoon of honey. Let stand for about 30 minutes before serving to allow flavours to blend.

Drizzle with extra virgin olive oil and serve.

Nutritional information per serving (approximately ¼ cup):
Calories 49 (26% from fat) • carb. 9g • pro. 2g • fat 2g • sat. fat 0g • chol. 0mg • sod. 202 mg • calc. 20 mg • fibre 3g

Buttermilk Cilantro Dressing

This refreshing lowfat dressing is perfect for salads. It can also be used to add a refreshing twist to cole slaw.

Makes about 3 cups

- **2 cups buttermilk**
- **¾ cup sour cream, reduced fat**
- **½ cup fresh cilantro, chopped**
- **1 teaspoon honey**
- **1 tablespoon cider vinegar**
- **1 teaspoon of citrus zest (lemon and lime can be interchangeable here)**
- **1 teaspoon lemon juice**
- **1½ tablespoons of green onion, finely chopped**
- **1 teaspoon fresh parsley, chopped**
- **¾ teaspoon kosher salt**
- **½ teaspoon freshly ground pepper**

Place all ingredients in mixing bowl and mix on Speed 1 until mixture is thoroughly combined.

Nutritional information per serving (2 tablespoons):
Calories 23 (34% from fat) • carb. 3g • pro. 1g • fat 1g • sat. fat 0g • chol. 4mg • sod. 123mg • calc. 43mg • fibre 1g

Smashed Cauliflower

An ideal alternative dish to traditional mashed potatoes, for those who are watching their carbohydrate intake.

Makes 4½ cups or nine ½-cup servings

- **1 head of cauliflower, approximately 1.1-1.4kg, broken into florets and sliced**
- **340g peeled potatoes, cut in to 2.5cm cubes**
- **2 cups lowfat milk**
- **2 tablespoons butter**
- **½ teaspoon salt**
- **¼ teaspoon fresh ground pepper**

Place cauliflower and potatoes in 3.75-litre saucepan with milk, adding water to cover the vegetables. Bring to boil and then reduce to a rolling simmer until cauliflower is very soft, approximately 30 to 40 minutes.

Drain and then return to saucepan or mixing bowl. Insert the stainless steel beaters. Mix, starting on Speed 2, increasing to Speed 5 until completely mashed. Add butter, salt, and pepper

and continue mixing until mixture is fully incorporated. Taste for seasoning and serve immediately.

Nutritional information per serving:
Calories 117 (28% from fat) • carb. 17g • pro. 6g • fat 4g • sat. fat 2g • chol. 11mg • sod. 205mg • calc. 103mg • fibre 4g

Garlic and Chive Mashed Potatoes

Old-fashioned comfort food at its best. For basic mashed potatoes, omit the garlic and chives.

Makes 7 cups (12 servings)

- **1.4kg russet or Yukon Gold potatoes**
- **4–6 garlic cloves, peeled and halved**
- **2 teaspoons kosher salt, divided**
- **1 teaspoon white wine vinegar**
- **¾ cup whole milk**
- **½ cup half-and-half****
- **3 tablespoons unsalted butter**
- **½ cup chopped fresh chives**
- **¼ teaspoon freshly ground white or black pepper**

Peel the potatoes and cut into 2cm thick slices. Place the potatoes, garlic, 1 teaspoon kosher salt, and wine vinegar in a 3.75-litre saucepan* and cover with cold water by 2.5cm. Cover loosely and bring to the boil over high heat, then reduce heat to medium high and boil gently until potatoes are tender but not falling apart, about 18 to 22 minutes. While potatoes are cooking, combine milk, half-and-half**, butter, and ¼ cup of the chives in a Cuisinart® 1½-litre saucepan. Simmer over low heat until butter is completely melted. Keep warm.

Drain the cooked potatoes and garlic, return to the saucepan, and place over low heat for 1 minute. Remove from the heat, and use Speed 2 to mash the potatoes and garlic until somewhat smooth, about 60 seconds. While still mixing, add the hot milk and butter mixture, and mix until well blended, about 30 seconds. Mix on Speed 4 until fluffy, about 1 to 2 minutes. Add the remaining salt and pepper, mix to blend, 15 seconds. Scrape down sides of pan with rubber spatula as necessary. Transfer the potatoes to a warm serving bowl and sprinkle with the remaining chopped chives. Serve immediately.

Nutritional information per serving:
Calories 149 (28% from fat) • carb. 24g • pro. 3g • fat 5g • sat. fat 3g • chol. 14mg • sod. 185mg • calc. 42mg • fibre 2g

** half and half is a term used for half full cream and half whole milk.

* Do not use nonstick cookware with the Cuisinart® Hand Mixer.

Tip: For a lighter everyday version, use reduced fat or fat free milk in place of the whole milk and half-and-half**.

Twice-Baked Potatoes with Spinach and Gruyère

Spinach and Gruyère are the perfect addition to a baked potato.

Makes 8 servings

- **8 large baking potatoes, scrubbed**
- **2 teaspoons olive oil**
- **1 cup evaporated fat free milk**
- **4 tablespoons unsalted butter, at room temperature, cut into 4 pieces**
- **2 packages frozen chopped spinach, thawed and squeezed very dry**
- **180g Gruyère, shredded (do not use processed Gruyère)**
- **6 green onions, finely chopped (include some of the green)**
- **¾ teaspoon kosher salt**
- **½ teaspoon freshly ground white or black pepper**

Preheat the oven to 205°C. Pierce each potato several times with a fork or knife tip; rub each potato with ¼ teaspoon of the olive oil. Bake the potatoes in the preheated oven until fork-tender, about 1 hour. When cool enough to handle, cut off the top third of each potato and scoop out the flesh, leaving a 5mm shell. Place potato flesh in large mixing bowl and

reserve potato shells.

Add milk and butter to potatoes. Mix on Speed 1 for 1 minute until mashed; mix on Speed 3 for one minute longer. Add spinach, cheese, green onions, salt, and pepper. Mix on Speed 2 until well blended.

Fill the reserved potato shells with the potato-spinach mixture. Potatoes may be made ahead to this point, covered and refrigerated until ready to bake.

Preheat oven to 190°C. Arrange the potatoes on a jelly-roll pan that has been lined with parchment. Bake uncovered until potatoes are hot and tops are golden brown, about 25 to 30 minutes (add 5 to 10 minutes for cold potatoes). Serve hot.

Nutritional information per serving:
Calories 418 (30% from fat) • carb. 58g • pro. 17g • fat 14g • sat. fat 8g • chol. 40mg • sod. 305mg • calc. 417mg • fibre 7g

Twice Baked Potatoes with Bacon and Cheddar

Cold weather comfort food.

Makes 8 servings

- **8 baking potatoes, scrubbed**
- **2 teaspoons olive oil**
- **⅔ cup evaporated fat free milk**
- **4 tablespoons unsalted butter, at room temperature, cut into 4 pieces**
- **2 cups shredded lowfat Cheddar**
- **8 slices bacon, cut into 5mm pieces, cooked and drained (about ⅔ cup)**
- **1 tablespoon chopped chives**
- **¼ teaspoon kosher salt**
- **¼ teaspoon freshly grated black pepper**

Preheat oven to 205°C. Pierce each potato several times with a fork or a knife tip; rub each potato with ¼ teaspoon of the olive oil. Bake the potatoes in the preheated oven until fork-tender, about 1 hour. When cool enough to handle, cut off the top third of each potato and scoop out the flesh, leaving a 5mm shell. Place the potato flesh in a large mixing bowl and reserve potato shells. (Tops may be reserved for another use or discarded.)

Add ⅓ cup milk, mix potatoes on Speed 1 for 1 minute until mashed. Add remaining milk and butter, mix on Speed 4 for one minute longer. Add Cheddar, bacon, chives, salt and pepper. Mix on Speed 1 until well blended.

Fill the reserved potato shells with the potato-Cheddar mixture. Potatoes may be made ahead to this point, covered and refrigerated until ready to bake.

Preheat oven to 190°C. Arrange the potatoes on a jelly roll type pan that has been lined with aluminum foil.

Bake uncovered, until potatoes are hot and tops are golden brown, about 30 to 35 minutes (add 5 to 10 minutes for cold potatoes). Serve hot.

Nutritional information per serving:
Calories 470 (44% from fat) • carb. 45g • pro. 21g • fat 23g • sat. fat 8g • chol. 50mg • sod. 540 mg • calc. 290mg • fibre 4g

Gorgonzola Soufflé

An elegant side dish.

Makes one 8-cup soufflé

- **5 tablespoons unsalted butter, plus extra to coat soufflé dish**
- **⅔ cup walnuts, toasted and ground**
- **5 large eggs, separated into two mixing bowls**
- **½ cup all-purpose flour**
- **1½ cup whole milk**
- **1 cup Gorgonzola, crumbled**
- **60g mozzarella, shredded**
- **½ teaspoon salt**
- **¼ teaspoon fresh ground pepper**

Preheat oven to 175°C. Butter an eight-cup soufflé dish well and coat with toasted, ground walnuts; reserve.

Insert the stainless steel beaters. Mix yolks until smooth using Speed 1; reserve.

Melt butter in a medium saucepan. Add flour and stir with a wooden spoon until smooth and cook over medium heat for 2 minutes, stirring

occasionally. Using the beaters, mix on Speed 1 as you pour in the milk, about 1½ minutes until smooth. Heat slowly, allowing the mixture to thicken, mixing on Speed 2 until the mixture becomes smooth and thick, approximately 5 minutes total. Stir in Gorgonzola and mozzarella until melted and fully incorporated.

Remove from heat.

While mixing the egg yolks on Speed 1, spoon a small amount of cheese mixture into the yolks. Continue adding the cheese slowly to the yolks mixing the whole time (the mozzarella will appear to be stringy). Add salt and pepper.

Insert Chef's Whisk and whip the egg whites until soft peaks form, about 1½ minutes on Speed 5.

Fold the whites into the yolk/cheese mixture in three increments with the beater attachment on the Speed 1.

Pour into prepared soufflé dish and bake in the middle of oven until puffed over the rim of soufflé and golden, approximately 40 to 45 minutes.

Serve immediately.

Nutritional information per serving:
Calories 207 (70% from fat) • carb. 7g • pro. 8g • fat 16g • sat. fat 7g • chol. 118mg • sod. 315mg • calc. 139mg • fibre 0g

Sweet Yam Casserole with Crunchy Pecan Topping

This easy-to-make casserole can be prepared a day ahead to make holiday entertaining easier.

Makes 10 servings

	cooking spray
675g	sweet potatoes or yams, peeled, cut into 2.5cm pieces
6	tablespoons (¾ stick) unsalted butter, room temperature
2	large eggs
¼	cup firmly packed brown sugar
½	teaspoon cinnamon
½	teaspoon ground ginger
½	teaspoon kosher salt
¼	teaspoon freshly ground black pepper
1½	cups cornflakes, crushed
½	cup (packed) brown sugar
½	cup chopped pecans
6	tablespoons (¾ stick) unsalted butter, melted

If baking immediately after preparing, preheat oven to 205°C. Lightly coat an 8-cup baking dish with cooking spray.

Cook sweet potatoes in large pot of boiling water until tender, about 15 minutes. Drain; transfer potatoes to large bowl and add butter. Mix on Speed 1 for one minute, then increase to Speed 2 and beat until smooth. Add eggs, brown sugar, spices, salt and pepper; beat on Speed 1 to blend, about 30 seconds. Transfer mixture to the prepared baking dish. (Can be made 1 day ahead. Cover and refrigerate.) Bake potatoes in the preheated oven until they are slightly puffed and beginning to brown around the edges, about 25 to 30 minutes.

While potatoes bake, prepare the topping by mixing the remaining ingredients in a bowl. Sprinkle the topping evenly over the potatoes and bake about 10 minutes longer, until golden brown and crispy.

Nutritional information per serving:
Calories 253 (41% from fat) • carb. 31g • pro. 4g • fat 12g • sat. fat 5g • chol. 61mg • sod. 202mg • calc. 26mg • fibre 4g

Breads

Tips: When making yeast breads, we recommend recipes using no more than 450g (about 3⅓ cups) flour.

For best bread baking results, stir flour before measuring. To measure, scoop or spoon into measuring cup and level off using the flat side of a table knife.

When using yeast, check date for freshness. Proof yeast by dissolving it in warm (40°–43°C) liquid to which a small amount of sugar or flour has been added. Set aside for 5 to 10 minutes. Live yeast will swell, foam

and bubble. If yeast does nothing it is not alive and active. Discard and begin again with fresh yeast.

Use firm pressure to hold your Cuisinart® Hand Mixer when making yeast doughs, in order to keep the dough hooks in the dough.

Move the mixer back and forth and through the dough to mix and knead evenly.

Steady the mixing bowl by placing a damp towel under the bowl while mixing and kneading.

When adapting your own recipes to use with the Cuisinart® Hand Mixer, begin with the wet ingredients and add dry ingredients in ½-cup increments, allowing complete mixing before adding the next addition.

Olive Oil and Rosemary Rolls

These crunchy rolls are great served fresh and warm with extra virgin olive oil for dipping or let cool to make sandwiches.

Makes 12 rolls

- ¼ cup flavourful extra virgin olive oil
- ¾ tablespoon dried rosemary
- 1¾ teaspoons active dry yeast
- 1 cups warm water (about 40°–43°C)
- 3¼ cups bread or all-purpose flour
- 1¾ teaspoons sea salt (may use kosher salt)
- cornmeal for the baking sheet
- flour for dusting the bread

Combine the olive oil and rosemary; let stand 10 minutes or longer.

Place the yeast and warm water in a medium large mixing bowl with a pinch of the flour. Stir to dissolve yeast and let stand for 5 to 10 minutes. Mixture will foam and bubble – this means the yeast is alive and active.

Combine flour and salt in separate mixing bowl. Insert the dough hooks. Add olive oil and rosemary mixture and ½ cup of the flour to the yeast mixture and mix until smooth, about 30 to 40 seconds. Continue adding the flour, ½ cup at a time, mixing completely – about 30 to 40 seconds – until no flour is visible after each addition. The dough at first will be a batter, and slowly as the flour is added, the batter will become a complete ball of dough that cleans the sides of the mixing bowl. After all the flour has been incorporated, continue to mix on Speed 1 for 5 minutes to knead the dough, moving the mixer throughout the dough to knead evenly.

Dust dough ball lightly with flour and place in a resealable food storage bag, press out air and seal. Let rise in a warm, draft-free place until doubled in size, about 1 hour. Punch down and let rise again for 1 hour (this second rise can be skipped if pressed for time – but adds to the flavour and texture).

Punch dough to deflate and let rest 10 minutes. Lightly dust a baking sheet with corn meal. Divide dough into 12 equal-size pieces. Roll each piece of dough on a lightly floured work surface and shape into a ball. Flatten slightly. Transfer to prepared baking pan and cover with plastic wrap. Let rise at room temperature until almost doubled – about 45 to 60 minutes.

Fifteen minutes before baking, preheat the oven to 230°C. Uncover and dust rolls with flour. Bake at 230°C for 10 minutes. Reduce the heat to 190°C and bake for an additional 10 to 15 minutes, until browned and hollow-sounding when tapped. Place on a wire rack to cool. Serve warm, or cool completely to slice horizontally to make sandwiches.

Nutritional information per serving:
Calories 166 (27% from fat) • carb. 26g • pro 4g • fat 5g • sat. fat 1g • chol. 0mg • sod. 196mg • calc. 9mg • fibre 1g

Granola Bread

A hearty but not heavy bread.

Makes 1 loaf, about 1.1kg (12 servings)

- ¾ cup warm (40°–43°C) lowfat milk
- 1 tablespoon honey
- 2¼ teaspoons (1 packet) active dry yeast
- 3⅓ unbleached all-purpose or bread flour
- ⅔ cup whole wheat flour
- 1⅔ cup granola (without fruit and nuts – low sugar if available)
- 1 cup water
- 2 tablespoons vegetable oil
- 2 teaspoons salt

Place the warm milk, honey and yeast in a medium-large mixing bowl. Stir and let rest for 5 minutes. Mixture will foam and bubble – this means the yeast is active and alive.

Place both flours in a separate mixing bowl with the granola and stir. Insert the dough hooks into the mixer. Add the water, vegetable oil, salt and 1 cup of the flour mixture to the yeast mixture. Using Speed 1, mix until "smooth", about 30 to 40 seconds. Continue adding the remaining flour mixture, ½ cup at a time, mixing completely – about 30 to 40 seconds – until no flour is visible after each addition. The dough at first will be a batter, and slowly as the flour is added it will become a dough. After all the flour mixture has been incorporated, and the dough has become a complete ball that cleans the sides of the mixing bowl, continue to mix on Speed 1 for another 5 minutes, moving the mixer throughout the dough to knead the dough. Lightly dust the dough with flour and place in a resealable food storage bag. Squeeze out air and seal.

Allow the dough to rise in a warm, draft-free place until doubled in size, about 1 to 1½ hours. After dough has doubled, punch down to deflate and let rest for 5 minutes. Lightly coat a 23x13x10cm loaf pan with cooking spray. Shape dough into a loaf and place in prepared pan, seam down. Cover with plastic wrap and let rise until the dough is just above the top of the pan, about 35 to 45 minutes. Ten minutes before baking, preheat oven to 205°C.

Bake for 35 to 40 minutes. Bread will be well-browned and sound hollow when tapped. Remove from loaf pan and cool on a wire rack. Bread slices best when allowed to cool completely before cutting.

Nutritional information per serving:
Calories 265 (25% from fat) • carb 43g • pro 7g • fat 8g • sat fat 2g • chol 1mg • sod. 403mg • calc 40mg • fibre 3g

French Bread

Crusty baguettes are good served with any meal.

Makes two baguettes, 330g each, about 20 slices

½ cup warm (40°–43°C) water
1¾ teaspoons active dry yeast
3 cups unbleached all-purpose or bread flour
2 tablespoons wheat germ
1 cup cold water
1½ teaspoons salt
cornmeal for dusting the pan

Place the ¾ cup warm water in a medium large mixing bowl. Sprinkle in yeast and a tablespoon of the flour. Stir to dissolve yeast and let stand for 5 minutes. Mixture will foam and bubble – this means the yeast is active and alive.

Place the flour and wheat germ in a separate bowl and stir. Add the cold water, salt and ½ cup of the flour mixture to the yeast mixture. Insert the dough hooks. Using Speed 1, mix until smooth, about 30 to 40 seconds.

Continue adding the flour mixture, ½ cup at a time, mixing completely – about 30 to 40 seconds – until no flour is visible after each addition. The dough at first will be a batter, and slowly as the flour is added the batter will become a complete ball of dough that cleans the sides of the mixing bowl. After all the flour mixture has been incorporated, continue to mix on Speed 1 for 5 minutes to knead the dough, moving the mixer throughout the dough to knead evenly.

Dust dough ball lightly with flour and place in a resealable food storage bag, press out air and seal. Let rise in a warm, draft-free place until doubled in size, about 1 hour.

Punch dough down and divide into 2 pieces. Shape each into a long narrow baguette and place on a baking sheet

that has been dusted with cornmeal. Cover loosely with plastic wrap and let rise 30 to 40 minutes. While baguettes rise, place a pan of hot water on the bottom rack of the oven and preheat oven to 205°C.

Using a serrated knife, make 4 diagonal slashes in each loaf about 5mm deep. Bake bread in preheated oven 25 to 30 minutes until browned and hollow-sounding when tapped. Cool on a wire rack. Bread slices best when allowed to cool completely before slicing.

Nutritional information per serving:
Calories 72 (3% from fat) • carb. 15g • pro 2g • fat 0g • chol. 0mg • sod. 177mg • calc. 4mg • fibre 1g

Cranberry Walnut Bread

This bread makes wonderful turkey sandwiches.

Makes one round loaf (boule style), about 870g, about 16 servings

- ⅓ cup warm (40°–43°C) water
- 2¼ tablespoons maple syrup
- 1¾ teaspoons active dry yeast
- 1¾ cups bread flour or unbleached all-purpose flour
- 1½ cups whole wheat flour
- 1½ tablespoons vegetable or walnut oil*
- 1¾ teaspoons salt
- ¾ cup chopped toasted walnuts
- ½ cup dried cranberries

Place warm water, maple syrup, and yeast in a medium large bowl. Stir and let stand for 5 minutes. Mixture will bubble and foam – this means the yeast is alive and active.

Place both flours in a bowl and stir to blend; reserve. Insert the dough hooks. Add the oil and salt and 1 cup of the flour mixture to the yeast mixture. Using Speed 1, mix until smooth, about 30 seconds. Add the walnuts and cranberries and ½ cup of the remaining flour mixture and mix for 30 to 40 seconds – until the flour is no longer visible. Continue adding the remaining flour mixture, ½ cup at a time, mixing completely – about 30 to 40 seconds – after each addition. The dough at first will be a batter, and slowly, as the flour is added, will be come a dough that will clean the sides of the bowl. After the dough has formed a ball, continue to mix to knead the dough for an additional 5 minutes. Lightly dust the dough ball with flour and place in a resealable food storage bag. Squeeze out the air and seal. Allow the dough to rise in a warm, draft-free place until doubled in size, about 1 to 1½ hours.

After dough has doubled in size, punch down to deflate and let rest for 5 minutes. Shape into a ball, pinching the ends together on the underside. With the dough ball cupped in your hands, roll, seamed edged down, on the counter until the underside is smooth. Flatten the ball into a 23cm round and place on a baking sheet dusted with flour and cornmeal. Cover with plastic wrap and let rise until nearly doubled – about 60 to 70 minutes. Ten minutes before it is time to bake, preheat the oven to 220°C.

Dust the top of the loaf with flour. Using a serrated knife, cut a cross in the top of the loaf, cutting about 5mm into the loaf. Place the bread in the hot oven and bake for 15 minutes. Lower the heat to 190°C and bake for an additional 20 minutes – until the bread is a rich brown and sounds hollow when tapped. Turn the oven off, slide the bread directly onto the oven rack and let stand in the closed, hot oven for 5 minutes to crisp the bottom of the loaf. Transfer to a wire rack to cool. Bread slices best when allowed to cool completely before cutting.

*Using walnut oil will give a stronger walnut flavour to this bread.

Nutritional information per serving:
Calories 155 (32% from fat) • carb. 21g • pro 4g • fat 5g • sat. fat 1g • chol. 0mg • sod. 258mg • calc. 14mg • fibre 2g

Pizza Dough / Focaccia

Once you see how simple Cuisinart pizzas are to make, you will never order one to be delivered again.

Makes about 675g dough (enough for four 23cm crusts or two 35cm crusts or 1 jelly-roll pan/15 servings of Focaccia)

2 teaspoons active dry yeast
2 teaspoons sugar
1⅓ cup warm water (40–43°C)
3⅓ cups unbleached all-purpose flour
1½ teaspoons salt
1½ teaspoon extra virgin olive oil

For focaccia:
1 tablespoon extra virgin olive oil
1 teaspoon dried rosemary
½ teaspoon sea or kosher salt

In a medium/large mixing bowl, dissolve yeast and sugar in warm water. Stir and let rest for 5 minutes. Mixture will foam and bubble – this means the yeast is active and alive.

In a separate bowl, combine flour and salt and reserve. Insert the dough hooks into the mixer. Add the water, 1½ teaspoon of olive oil, and ½ cup flour to the yeast mixture. Using Speed 1, mix until smooth, about 30 to 40 seconds. Continue adding the remaining flour mixture, ½ cup at a time, mixing completely, about 30 to 40 seconds, until no flour is visible after each addition. The dough at first will be a batter, and slowly as the flour is added it will become a dough. After all the flour mixture has been incorporated, and the dough has become a complete ball that cleans the sides of the mixing bowl, continue to mix on Speed 1, for an additional 5 minutes, moving the mixer throughout the dough ball to knead. Lightly dust the dough with flour and place in a resealable food storage bag. Squeeze out the air and seal. Let rise in a warm place for about 45 minutes.

Place dough on a lightly floured surface and punch down. Roll into desired crust sizes and place on baking pans lightly sprayed with vegetable oil cooking spray.

For pizza, follow specific pizza recipe.

For focaccia, press dough into a lightly greased jelly-roll pan and cover with plastic wrap, allowing to rise for another 40 minutes.

Preheat oven to 220°C 15 minutes before baking.

Brush tablespoon of olive oil over focaccia, sprinkle with sea salt and rosemary. Bake for 18 to 20 minutes until golden.

Nutritional information per serving:
Calories 67 (6% from fat) • carb. 14g • pro 2g • fat 1g • chol. 0mg • sod. 147mg • calc. 3mg • fibre 1g

Classic Cuisinart White Bread

Spoil your family with homemade bread.

Makes 10 servings (one loaf, about 675g)

1¾ teaspoons active dry yeast
1½ teaspoons sugar
¼ cup warm water (40°–43°C)
3 cups unbleached all-purpose flour
2¼ tablespoons unsalted butter, in 2.5cm pieces
1 teaspoon salt
¾ cup cold water
cooking spray

In a large mixing bowl dissolve yeast and sugar in warm water. Stir and let rest for 5 minutes. Mixture will foam and bubble – this means the yeast is active and alive.

Place flour and salt in a separate mixing bowl and reserve. Insert the dough hooks. Add the water, butter and ½ cup flour to the yeast mixture. Using Speed 1, mix until smooth, about 30 to 40 seconds. Continue adding the remaining flour mixture, ½ cup at a time, mixing completely, about 30 to 40 seconds, until no flour is visible after each addition. The dough at first will be a batter, and slowly as the flour is added it will become a dough. After all the flour mixture has been incorporated, and the dough has become a complete ball that cleans the sides of the mixing

bowl, continue to mix on Speed 1, for an additional 5 minutes, moving the mixer throughout the dough ball to knead. Lightly dust the dough with flour and place in a resealable food storage bag. Squeeze out the air and seal. Allow to sit in a warm place until doubled in size, about 1 to 1½ hours.

Spray a 23x13cm loaf pan with vegetable oil cooking spray. Place dough on a lightly floured surface and punch down. Roll into a 20x10cm rectangle. Beginning with a short end, roll up the dough, jelly-roll fashion. Pinch the seam and ends tightly to seal. Place in greased loaf pans and cover with plastic wrap coated with vegetable oil cooking spray. Let rise until dough is just above the tops of the pans, about 45 minutes to 1 hour. Preheat oven to 205°C 15 minutes before baking.

Bake until tops are browned and loaf sounds hollow when tapped, about 30–35 minutes. Remove from pans and cool on wire rack.

Nutritional information per serving:
Calories 139 (19% from fat) • carb. 25g • pro. 3g • fat 3g • sat. fat 2g • chol. 8mg • sod. 243mg • calc. 6mg • fibre 1g

****Whole Wheat variation:** Substitute 1½ cups unbleached flour and 1½ cups whole wheat flour for the 3 cups unbleached flour.

Pecan Sticky Buns

Our Pecan Sticky Buns are so good it's hard to eat just one.

Makes 18 servings

Sweet Dough

- ⅓ cup sugar, divided
- 2¼ teaspoons (1 packet) active dry yeast
- ⅓ cup warm water (40°–43°F)
- 3⅓ cups unbleached all-purpose flour
- ⅓ cup unsalted butter, in 1-inch pieces
- ¾ teaspoon salt
- ½ cup fat free milk
- 1 large egg

Topping

- ¾ cup pecans, roughly chopped
- ⅔ cup sugar
- 2 teaspoons cinnamon
- 3 tablespoons unsalted butter, softened
- 2 cup raisins
- ⅔ cup unsalted butter, melted
- 1 cup firmly packed light brown sugar
- cooking spray

To make dough:

In a medium-large mixing bowl, dissolve 1 teaspoon sugar and yeast in warm water. Stir and let rest for 5 minutes. Mixture will foam and bubble – this means the yeast is active and alive.

Place flour, remaining sugar, and salt in a separate mixing bowl and reserve. Insert the dough hooks.

Add the water, butter, milk, egg, salt and ½ cup flour to the yeast mixture. Using Speed 1, mix until smooth, about 30 to 40 seconds. Continue adding the remaining flour mixture, ½ cup at a time, mixing completely, about 30 to 40 seconds, until no flour is visible after each addition. The dough at first will be a batter, and slowly as the flour is added it will become a dough. After all the flour mixture has been incorporated, and the dough has become a complete ball that cleans the sides of the mixing bowl, continue to mix on Speed 1, for an additional 5 minutes, moving the mixer throughout the dough ball to knead. Lightly dust the dough with flour and place in a resealable food storage bag. Squeeze out air and seal. Let rise in a warm place until doubled in size, about 1½ hours.

To make topping / assemble buns:

Combine sugar and cinnamon; reserve. Transfer dough to a lightly floured surface and punch dough down. Roll into a 50x30cm square. Spread with softened butter, sprinkle with cinnamon and sugar mixture and top with raisins. Beginning with long side, roll dough up tightly and pinch seam to seal. Using a sharp (serrated) knife cut into 18 slices (about 2cm thick).

Pour melted butter into a 33x32cm baking pan. Sprinkle brown sugar and pecans over butter. Place buns, cut side up, in pan. Cover with plastic wrap coated with vegetable oil cooking spray and let rise in a warm place for 40 minutes. Preheat oven to 190°C 15 minutes before baking.

Bake in preheated oven until tops are well browned, about 30 minutes. Remove from oven and invert pan immediately onto serving plate, allowing sugar mixture to drip onto buns. Scrape any remaining sugar/nut mixture onto buns and serve warm.

Nutritional information per serving:
Calories 364 (39% from fat) • carb. 50g • pro. 5g • fat 16g • sat. fat 8g • chol. 55mg • sod. 147mg • calc. 38mg • fibre 2g

Challah Braid

If you have leftovers, our Challah Braid slices make the best French toast.

Makes 18 servings (675g loaf)

3 tablespoons sugar, divided
2¼ teaspoons (1 packet) active dry yeast
¼ cup warm water (40 - 46°C)
3¼ cups unbleached all-purpose flour
1½ teaspoons salt
½ cup cold water
⅓ cup unsalted butter, melted
1 large egg
cooking spray
egg glaze (1 large egg and 1 tablespoon water)

In a medium-large mixing bowl, dissolve 2 teaspoons sugar and yeast in warm water. Stir and let rest for 5 minutes. Mixture will foam and bubble – this means the yeast is active and alive.

Place flour, remaining sugar, and salt in a separate mixing bowl and reserve. Insert the dough hooks into the mixer. Add the water, melted butter, egg, and ½ cup flour to the yeast mixture. Using Speed 1, mix until smooth, about 30 to 40 seconds. Continue adding the remaining flour mixture, ½ cup at a time, mixing completely, about 30 to 40 seconds, until no flour is visible after each addition. The dough at first will be a batter, and slowly as the flour is added it will become a dough. After all the flour mixture has been incorporated, and the dough has become a complete ball that cleans the sides of the mixing bowl, continue to mix on Speed 1, for an additional 5 minutes, moving the mixer throughout the dough ball to knead. Lightly dust the dough with flour and place in a resealable food storage bag. Squeeze out the air and seal. Let rise in a warm place until doubled in size, about 1 to 1½ hours.

Place dough on a lightly floured surface and punch down. Divide dough into 3 equal pieces. Use your hands to roll each piece into a cylinder about 4x35cm. Place the cylinders side by side on a baking sheet coated with vegetable oil cooking spray. Braid loosely from one end. Gently pull and taper each end to a point, then pinch and tuck under loaf. Cover with plastic wrap coated with vegetable oil cooking spray and let rise until doubled in size, about 45 minutes. Preheat oven to 190°C 15 minutes before baking.

Prepare egg glaze by combining egg with water; brush over braid. Bake in lower third of preheated oven for 20 minutes. Lower oven temperature to 175°C and bake until loaf is browned and sounds hollow when tapped, about 10 minutes. Cool on wire rack.

Nutritional information per serving:
Calories 128 (29% from fat) • carb. 20g • pro. 3g • fat 4g • sat. fat 2g • chol. 27mg • sod. 202mg • calc. 7mg • fibre 1g

Ricotta and Parmesan Bread

For total decadence, slice and use to make grilled provolone cheese sandwiches.

Makes 2 loaves, about 675g each

- **2¼ teaspoons (1 packet) active dry yeast**
- **2 teaspoons granulated sugar**
- **¼ cup warm (40°–43°) water**
- **3¾ cup unbleached flour**
- **1 teaspoon salt**
- **1 cup part-skim ricotta**
- **½ cup milk**
- **½ cup parmesan, grated**
- **1 egg**
- **2 tablespoons unsalted butter, room temperature**

Place the yeast, sugar, and warm water in a medium large mixing bowl. Stir and let rest for 5 minutes. Mixture will foam and bubble – this means the yeast is active and alive.

Place flour and salt in a separate mixing bowl and stir. Insert the dough hooks. Add the ricotta, milk, parmesan, egg, butter, and 1 cup of the flour mixture to the yeast mixture. Using Speed 1, mix until smooth, about 30 to 40 seconds.

Continue adding the remaining flour mixture, ½ cup at a time, mixing completely – about 30 to 40 seconds – until no flour is visible after each addition. The dough at first will be a batter, and slowly as the flour is added it will become a dough.

After all the flour mixture has been incorporated, and the dough has become a complete ball that cleans the sides of the mixing bowl, continue to mix on Speed 1, for another 5 minutes, moving the mixer throughout the dough to knead the dough. Lightly dust the dough with flour and place in a resealable food storage bag. Squeeze out the air and seal.

Allow to sit in a warm place until doubled in size, about 1 to 1½ hours.

Spray two 20x10cm loaf pans with cooking spray. Place dough on a lightly floured surface and punch down. Divide dough in half and roll each half into an 20x10cm rectangle. Beginning with a short end, roll up the dough jelly roll fashion. Pinch the seam and ends tightly to seal. Place in prepared loaf pans and cover with plastic wrap coated with cooking spray. Let rise until dough is just above the tops of the pans, about 45 minutes to 1 hour. Preheat oven to 190°C 15 minutes before baking.

Bake until tops are browned and loaf sounds hollow when tapped, about 30 to 35 minutes. Remove from pans and cool on wire rack.

Nutritional information per serving:
Calories 135 (24% from fat) • carb. 20g • pro 5g • fat 4g • sat. fat 2g • chol. 21mg • sod. 170mg • calc. 80mg • fibre 1g

Oatmeal Raisin Bread

Delicious toasted and topped with apple butter or marmalade.

Makes 1 loaf, about 900g

- **¼ cup packed brown sugar**
- **¼ cup regular rolled oats**
- **¼ cup unsalted butter, cut in 4 pieces**
- **¼ cup whole wheat flour**
- **½ teaspoon salt**
- **½ cup boiling water**
- **¼ cup warm (40°–43°C) water**
- **2¼ teaspoons (1 packet) active dry yeast**
- **½ cup + 1 teaspoon lowfat milk**
- **½ cup golden raisins**
- **3 cups all-purpose flour or bread flour**

Place the brown sugar, oats, butter, whole wheat flour, and salt in a medium bowl. Add boiling water and stir until butter is melted and mixture is no longer lumpy. Let cool to lukewarm, 5 to 10 minutes. While the mixture cools, place the warm water and yeast in a 1-cup measure with a pinch of the all-purpose or bread flour and stir. Let stand until foamy, about 5 to 10 minutes. Add the yeast mixture and ½ cup of the milk to the cooled brown sugar and oat mixture.

Insert the dough hooks. With the mixer on Speed 1, blend the yeast mixture and milk into the brown sugar/oat mixture, about 10 seconds. With the mixer running, add all the raisins and ½ cup of the flour – moving

the mixer around the bowl. When the flour is no longer visible, add another ½ cup of flour – moving the mixer around the bowl and throughout the batter. Continue, adding the flour, ½ cup at a time – each time moving the dough hooks through the dough and around the bowl. The mixture will thicken and change from a batter to a dough. When all the flour has been incorporated, the mixture will have formed a smooth ball of dough and cleaned the sides of the bowl. Continue to knead with the mixer for about 1 minute longer. Total mixing/kneading time will be about 5 to 6 minutes. Lightly dust dough with flour and place in a resealable food storage bag. Press out air and seal. Let rise for 1 hour. Lightly coat a 23x13x10cm loaf pan with cooking spray.

After dough has doubled in size, punch down and let rest 5 minutes. Shape into a loaf and place in the prepared pan. Cover loosely with plastic wrap and let rise until the dough reaches the top of the pan, about 45 to 50 minutes. Fifteen minutes before baking, preheat oven to 190°C. Gently brush the top of the loaf with the teaspoon of milk. Place the bread in the oven and bake until the top is browned and the loaf sounds hollow when tapped, about 40 to 45 minutes. Remove from loaf pan and transfer to a wire rack to cool. Bread will slice best when cooled completely before slicing.

Nutritional information per serving:
Calories 208 (20% from fat)• carb. 37g • pro 5g • fat 5g • sat. fat 3g • chol. 11mg • sod. 107mg • calc. 29mg • fibre 2g

Cuisinart® PowerSelect Electronic Hand Mixer

LIMITED THREE-YEAR WARRANTY

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® PowerSelect Electronic Hand Mixer that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® PowerSelect Electronic Hand Mixer will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We suggest you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of the product registration card does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® PowerSelect Electronic Hand Mixer should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1800 808 971 (AUST), 0800 435 000 (NZ) for additional information from our Customer Service Representatives, or send the defective product to:

Cuisinart Australia
24 Salisbury Rd
Asquith NSW 2070

or

Cuisinart New Zealand
44 Apollo Drive
Mairangi Bay
Auckland New Zealand

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty. Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

Your Cuisinart® PowerSelect Electronic Hand Mixer has been manufactured to the strictest specifications and has been designed for use with the authorized accessories and replacement parts.

This warranty expressly excludes any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart.

This warranty does not cover any damage caused by accident, misuse, shipment or other ordinary household use.

This warranty excludes all incidental or consequential damages.

Before returning your Cuisinart® product

If you are experiencing problems with your Cuisinart® product, we suggest that you call our Cuisinart® Service Centre at 1800 808 971 (AUST), 0800 435 000 (NZ) before returning the product serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Centre, please remind the servicer to call our Consumer Service Centre at 1800 808 971 (AUST), 0800 435 000 (NZ) to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and the product is still under warranty.

NOTES:

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